

# THE HUDSONIAN

THE INDEPENDENT MULTIMEDIA NEWS ORGANIZATION OF HUDSON VALLEY COMMUNITY COLLEGE

## EVENTS

### TUESDAY || Feb. 3

9:30AM-2:30PM: University at Albany: Transfer Advisor Visit (CTR 290)

10AM-2PM: Capital Region BOCES: Employer Information Table (CTR Lobby)

11AM-1PM: Tobacco Cessation Program Information Table

12-12:50PM: Men and Mental Health: Let's Talk About It with Karl Shallowhorn (BTC Auditorium)

12PM: Yoga (Wellness Center)

2-3PM: See Something, Say Something Training for Employees (CTR 204)

4-5PM: See Something, Say Something Training for Students (CTR 204)

### WEDNESDAY || Feb. 4

10AM-2PM: CDTA: Employer Information Table (Williams Hall, Cafeteria)

12PM: Pizza Time (CTR Lobby)

### THURSDAY || Feb. 5

10AM-2PM: SUNY Oneonta: Transfer Information Table (CTR Lobby)

2PM: Black History Month Movie Series: Beloved (CTR 202)

3-4PM: Artist Talk with Claire Sherwood and Lawre Stone (ADM Teaching Gallery)



The Hudsonian is the student-run newspaper of Hudson Valley Community College, dedicated to informing, engaging, and representing the campus community. We support diversity, inclusion, and accurate representation while encouraging creativity, critical thinking, and responsible journalism. Our mission is to provide a platform for student voices and to report on issues that matter to HVCC with integrity and professionalism.



## Hudson Valley Receives Mental Health Grant

Mental Health Support Initiative: SUNY Grant Program

Isabelle Holt  
Editor-in-Chief

Hudson Valley Community College has been selected as one of the first 11 community colleges in New York State to receive funding through the State University of New York's new Mental Health First Aid Grant Program, a statewide initiative aimed at strengthening mental health support for students. The program awards up to \$8,000 per campus and reflects SUNY's growing emphasis on student wellbeing as a core component of academic success.

The announcement was made recently by SUNY Chancellor John B. King Jr., who emphasized the importance of equipping campuses with tools to better recognize and respond to mental health challenges. Mental Health First Aid is a nationally recognized, evidence-based training program designed to help faculty and staff identify, understand, and respond to signs of mental health concerns and substance use disorders. Through SUNY's grant program, participating campuses will receive support for instructor certification, training materials, outreach efforts, and campus-wide training opportunities to improve mental health literacy.

Once fully implemented, the program is expected to support Mental Health First Aid training for nearly 3,000 faculty, staff, and other non-clinical campus personnel across SUNY each year. By expanding the number of trained individuals on campus, SUNY aims to increase its capacity to recognize students in distress, provide time-

ly and informed support, and connect students with appropriate professional resources before situations escalate.

"Mental health is health, and our priority at SUNY is to advance every aspect of our students' growth and to ensure they have the support needed to succeed in their academic, professional, and personal development," Chancellor King said. He added that the grants will help ensure more SUNY employees are prepared to recognize and address mental health concerns and to support students when they need help most.

Hudson Valley Community College President Michael Brophy echoed that sentiment, noting the importance of addressing students' needs beyond the classroom. "We appreciate SUNY's recognition of the importance of mental health resources for students, and their investment in creating greater access to these resources," Brophy said. "We strive to provide support for our students in every area of their lives, not just academics, and this new grant will allow us to offer additional support and extend our reach beyond the existing services such as those offered through our Counseling Services office."

In addition to Hudson Valley, 26 other SUNY campuses received funding through the Mental Health First Aid Grant Program, including a mix of community colleges and four-year institutions across the state. These campuses range from large research universities such as the University at Albany and Stony Brook University to smaller colleges like Jamestown Community College and SUNY Mari-



time College, underscoring SUNY's system-wide commitment to student mental health.

Students seeking mental health support can access resources through SUNY's mental health webpage, while Hudson Valley students have several options available locally. These include appointments with professional counselors through the college's Counseling Services office, access to the Help Now Crisis Line at (518) 629-7320 for immediate support outside regular hours, and Welltrack Boost, a self-help app available through student email accounts that offers wellbeing assessments and educational tools. Anyone experiencing an immediate mental health crisis can also call or text 988 to reach the Suicide and Crisis Lifeline, which provides free, confidential support 24 hours a day.

By participating in this new grant program, Hudson Valley Community College is taking an important step toward fostering a more informed, supportive campus environment where mental health is recognized as an essential part of student success.

## A Career Built on Confidence: Scott Hathaway's 32 Years at Hudson Valley

Adrianna Booth  
Staff Contributor

Scott Hathaway was holding a beat-up, 1990s, charades-style game he got at a thrift store for a dollar, turning the box in his hands and explaining how he plans to use it in his public speaking class. The set of prompt cards, decades old, he said, would allow students to practice gestures and physical expression when speaking to a crowd.

The scene is consistent with the teaching style Hathaway has perfected over 32 years at Hudson Valley Community College, where improvisation and student comfort drive much of

what he brings to the classroom. He continues to look for new ways to encourage students to speak and write with confidence after having taught for more than three decades.

"I'm always trying to keep them engaged," Hathaway said. "Anything that gets them moving, talking and feeling comfortable is a win."

Hathaway, now chair of the Fine Arts, Digital Media and Theatre Department, has spent more than half his life at HVCC, but his journey there began long before he entered college when he was 14, showing younger Boy Scouts how to perform some of the

most basic merit badges. He recalled making a poster identifying the parts of an axe, teaching the lesson and quizzing the scouts.

"It was fun teaching and instructing students," Hathaway said.

A couple of years later, a high school health teacher dropped into his study hall to find volunteers to serve as tutors in the kindergarten classroom downstairs. Hathaway registered, going to his K-12 school on a weekly basis to help the youngest students, and his love for teaching was cemented.

When he first arrived at Hudson Valley

GO TO ... PG. 2

# NEWS

Editor-in-Chief Isabelle Holt  
i-holt1@hvcc.edu

LONG STORY  
SHORT...

## Troy Man Arrested Following Violent Home Invasion in Sand Lake

Isabelle Holt E.I.C.

A 44-year-old Troy man was taken into custody in connection with a violent home invasion in Sand Lake that left a resident seriously injured and involved other occupants, including a child who was not hurt. State Police say the suspect allegedly traveled to a townhouse uninvited and forced entry, damaging multiple locked doors before striking one victim multiple times and pushing another.

After fleeing the scene, the man later turned himself in to authorities and was arraigned on a range of charges, including burglary in the first degree, second-degree assault, criminal mischief, criminal obstruction of breathing, endangering the welfare of a child and harassment.

One victim was transported to Albany Medical Center for treatment and has since been released. The defendant was remanded to the Rensselaer County Correctional Facility pending further proceedings.



“I try not to be the one who knows everything... We’re all in this together.”

Cont... **Scott Hathaway**...

## billboard top 10 last week listen now

1. I Just Might  
Bruno Mars
2. Man I Need  
Olivia Dean
3. The Fate of Ophelia  
Taylor Swift
4. Golden  
HUNTR/X
5. Ordinary  
Alex Warren
6. Choosin' Texas  
Ella Langley
7. Back To Friends  
sombri
8. Folded  
Kehlani
9. End Of Beginning  
Djo
10. Opalite  
Taylor Swift

as a freshman, he knew exactly what he wanted to do. He thrived in English classes and transferred, after two years, to get a master's degree in English from the University at Albany, thinking it was essential to anyone who wanted to teach at the collegiate level.

Yet finding a full-time position was very hard. The economy's recession in the early 1990s created few openings, and instructors throughout the district held onto their positions for longer, limiting career openings for newcomers.

“It wasn't super easy to get jobs in education back then,” he said.

Hathaway also juggled part-time work at multiple institutions such as Russell Sage, Schenectady County Community College and Southern Vermont College in Bennington.

“It was hard to work at three different colleges at once just to make a living,” Hathaway said. “My heart always was at Hudson Valley,” he said. And while he eventually returned to HVCC with a bold move, he stumbled into the English department chair's office and introduced himself. There were no open positions but the chair recalled him after two composition sections opened the following year.

“It was a bit gutsy,” he said. “But nothing ventured, nothing gained.”

He taught part time before interviewing for a full-time position, and has remained at the college since.

Hathaway considers his teaching philosophy to be student-centered and grounded in the concept of learning effectively when students feel competent and supported. He teaches writing and public speaking, classes he calls “life skills” that students take into other classes and their future careers.

“I try not to be the one who knows everything,” he said. “We're all in this together.”

He likes the hands-on approach and urges his students to practice tools. In-class exercises are often linked to

topics presented in weekly classes for students to write. In public speaking courses you will find impromptu speeches, communication games and exercises designed also to make students more comfortable.

Hathaway also insists his students are never embarrassed. He tries to satisfy various learning styles through independent work, small groups and low-pressure warm ups.

“I try to use words like ‘we’ and ‘us,’” he said. “I don't think it does any good to have a teacher versus student scenario.”

One activity that he enjoyed was having journalism students visit newspapers of their own community, such as the Times Union and the Troy Record, to discover how a newsroom worked.

“That was always a fun time,” he said.

Hathaway, who had spent 20 years in the English Department, became interim chair in 2010 when the department's leader left on leave. What he found was that he enjoyed mentoring faculty as much as teaching students.

“I loved helping younger faculty,” he said. “Maybe I know more about this kind of job than I thought I did.”



When the chair position in Fine Arts, Digital Media and Theatre opened in 2015, he saw ways the areas connected and accepted the role, even though it took him outside his discipline. Since then, he has learned what art faculty and studio students need, including equipment, space and scheduling support.

“I learned so much about art and what student artists need to be successful,” Hathaway said.

He said he is proud of the department's recent expansion. Last year it launched a redesigned drawing and painting studio on the third floor of Amstutz Hall and a new room for two-dimensional design. Advanced students now have individual cubicles. The digital media program also gained an additional classroom, BTC 1053, to accommodate rising enrollment in animation and graphic design. A nearby open-access lab, open daily from 7 a.m. to midnight, gives students a place to complete digital projects without buying expensive equipment.

“That space was a huge win for our students,” Hathaway said.

Even after he received a statewide teaching award, a crowning achievement in his career, he said it only encouraged him to work harder.

“I try to live up to the honor of that award,” he said.

Now in his 32nd year of teaching, Hathaway said he does not want to leave Hudson Valley.

“I could retire tomorrow,” he said. “But I choose instead to continue to work with students and faculty for as long as they'll have me.”

He looked again at the old game on his desk, ready to try it out on his next group of public speaking students.

“My old alma mater is the place I've been for more than half my life,” he said. “They'll have to drag me out, kicking and screaming.”

# College Names New Leadership for Admissions, Facilities, Technology

Isabelle Holt  
Editor-in-Chief

Hudson Valley Community College has announced the appointment of three new leaders whose work will play a significant role in supporting enrollment efforts and strengthening day-to-day campus operations.

The changes include one internal promotion and two new additions to the college community, reflecting a mix of institutional knowledge and outside experience.



Chris Dobert

Chris Dobert has been named the college's chief technology officer, con-

tinuing a career at Hudson Valley that began in 2020. Dobert has held several technology leadership roles at the college, including senior systems engineer and systems and support manager, and most recently served as co-interim chief technology officer. His background includes extensive experience in enterprise technology, digital modernization and cybersecurity, areas that are increasingly critical to higher education. A Hudson Valley alumnus, Dobert also earned a bachelor's degree in computer information systems from the University at Albany, bringing both professional expertise and a personal connection to the institution.

Jim Eaton has joined the college as director of admissions and recruitment, bringing more than two decades of experience in enrollment management and student outreach. Prior to Hudson Valley, Eaton worked in admissions leadership at Siena University, where he focused on recruitment strategy, communications and data-driven enrollment practices. His approach emphasizes access and clear pathways into higher education for prospective students. Eaton holds a bachelor's degree in public communications from The College of Saint Rose and a master's degree in guidance and counseling from The Sage Colleges.

Director of facilities and will oversee the operation and maintenance of



Jim Eaton

campus buildings and grounds, along with major construction and renovation projects. Seaman brings decades of experience managing facilities in higher education, most recently serving as chief facilities officer at St. Lawrence University, where he led operations across more than two million square feet of space. His career also includes facilities leadership roles at Castleton State College, SUNY Adirondack and Finger Lakes Com-

munity College. He earned a bachelor's degree in organizational management from Roberts Wesleyan College.



Dan Seaman

President Michael Brophy welcomed the new leaders, noting the important role each will play in advancing the college's mission. He emphasized that their combined expertise will help support students, strengthen campus infrastructure and ensure the college continues to operate effectively as it looks toward future growth.

## Opinion

### Values for Vikings: Market 32 Advantage Edge Membership Card

Molly Graiff  
Staff Contributor

Happy Spring Semester! With the new year in full swing there's many deals just waiting for you. Values for Vikings highlights deals that are worth checking out in the Capital Region as well as ways to use your student ID to get discounts!

Market 32 is located conveniently right across from HVCC's campus at 79 Vandenberg Ave, Troy, NY, 12180. While they do not offer any college student specific discounts, they do have AdvantEdge Cards. The AdvantEdge Card gives you discounts. Each dollar spent gives you a point on your card. The more points you earn the more discounts you receive! This works for your groceries but also gas at certain Sunoco locations. 100 points = \$1 off so if you do a grocery run and get \$100 dollars worth of items, you would get \$1 off your next purchase.

Market 32 is constantly pushing deals each week with a digital flyer going out each week with the latest items you could save on. This can range from basic staples such as deals on milk and bread to savings on dinner options. It's important to do your research before shopping, there may be better deals on the same item offered at another supermarket. Keep in mind that Market

32's brand, Pics may also offer a more affordable alternative to brand name items.

You can get more than just groceries at Market 32, with a hot bar and salad station, a quick lunch can be filling and cost effective. A rotisserie chicken can be split up into different elements of multiple meals and is a great way to add extra protein into your week.



Images: Market 32

MORE INFORMATION:  
<https://www.pricechopper.com/>

Editor-in-Chief Isabelle Holt  
i-holt1@hvcc.edu

## OPINION: Do systematic approaches to art defeat its purpose?

Aisha Mustafa  
Staff Contributor

To answer the question posed, it's necessary to first define art itself. Art is the context through which perception and creativity take place. Any definition that goes beyond this scope bears the risk of constricting the concept of art into a box despite a cultural pattern of rewarding novelty. For example, one dictionary defines art through aesthetics. This definition is limiting in that art does not necessarily have to be aesthetically pleasing given that aesthetics are subjective. Different people have different ideas of what is considered to be art, further supporting how versatile the concept of art itself is. Thus, we must stick to a broad definition that accounts for all of its uses unless contextually driven otherwise.

Next, we must identify a purpose for art. Art is nothing more than a medium as is language and music—although they all fall under the umbrella of artistic expression. Its purpose is multifaceted and may include communication, expression, activism, spiritual exploration, and so much more. The flexibility of art is part of what makes it so special; a painter working on a canvas is an artist but so is a singer on a stage.

Even other non-traditional forms of art such as medicine, science, culinary arts and more must be considered. Acknowledging that the versatility of art is built into its definition and purpose begs the question: does creating a merit system where certain expressions of art are rewarded while others are punished defeat its purpose?

I argue that both systems can coexist. A system in which certain forms of art are rewarded is nothing new; two painters presenting their work to the general public won't necessarily get the same response just as one painter presenting two different pieces also won't necessarily elicit the same response. I argue that perception is one of the most important defining factors of art. Rather than attempting to redefine a subjective concept, art schools and critiques adhere to standards that are decided on systematically even if they're not inherently "correct". Art has no "correct" way of being until you define the parameters through which art is perceived. For example; there is no correct way to express oneself however, if we are specifically looking at someone's ability to recreate a scene on paper as it is seen in real life, then suddenly there is a correct way to achieve this goal. Systematic

approaches to art and art critiques do not defeat the purpose of art. Instead, they work within a narrow range with specific standards that allow for merits and critique to exist. It is the selection and agreement of a goal that differentiates systematic approaches to art from the abstract concept. In this same way medicine is considered an art but only that which adheres to the goal of minimizing pain and suffering in humanity is rewarded.



Top: Nikos Economopoulos

Bottom: PFE



## Sports

Rhyme Anwar  
Sports Editor

With Matchday 8 just concluding in the UEFA Champions League. Here is everything that you need to know about what is going on in the Champions League at this moment.

FC Barcelona showed a stunning performance making a comeback against Copenhagen scoring 4 goals after getting a goal scored on them, the match ending in 4-1. PSG vs Newcastle ended in a draw which still keeps them contending for a round of 16 spot.

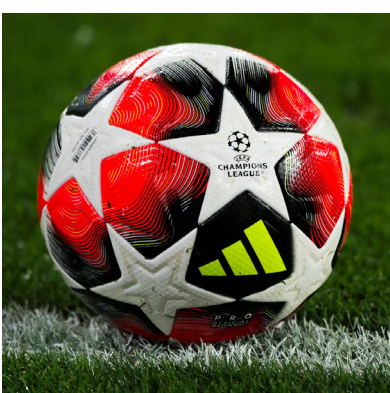
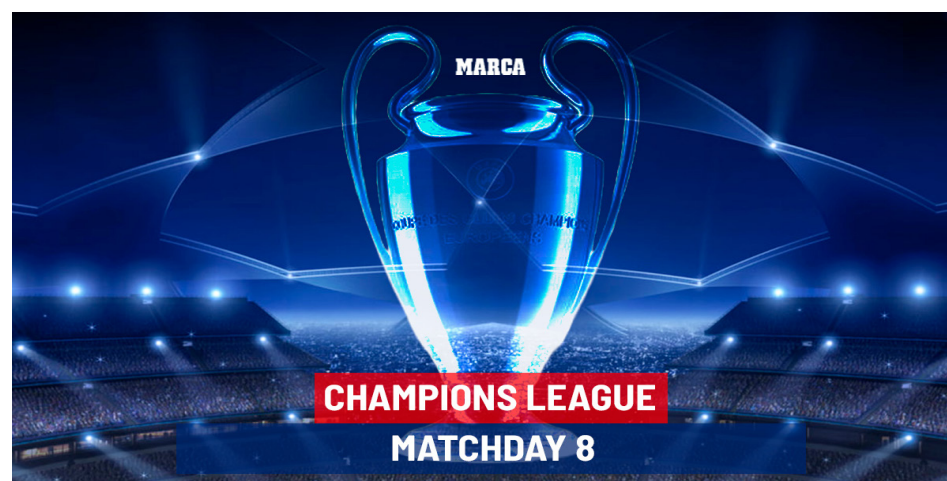
Arsenal however finishes all of their league matches in the UCL with a perfect win record of all 8 matches, making them one of the most notable teams to win the Champions league this year.

Chelsea also manages to win over Napoli with a score of 3-2, eliminating them out of the competition.

The conclusion of Matchday 8 results in Arsenal, Bayern Munich, Liverpool, Tottenham Hotspur, Barcelona, Chelsea, Sporting CP and Manchester City all moving up to the round of 16.

Teams that are placed above 8th place are still currently contending for a round of 16 spot.

## Champions League Matchday 8



## The Hudsonian

EDITOR-IN-CHIEF  
Isabelle Holt

MANAGING EDITOR  
Saima Syeda

BUSINESS MANAGER  
Liam May

WEB EDITOR  
Clark Crouse

LAYOUT EDITOR  
Isabelle Holt

COPY EDITOR  
Samarun Suhana

OPINIONS EDITOR  
Matthias Mojallali

SPORTS EDITOR  
Rhyme Anwar

STAFF CONTRIBUTORS  
Molly Graiff  
Aisha Mustafa  
Adrianna Booth

80 Vandenberg Ave.  
Troy, NY 12180  
Phone: 518-629-7568  
Email: hudsonian@hvcc.edu

Letters to the Editor  
Letters can be delivered to CTR 291 or emailed to hudsonian@hvcc.edu. Letters will be edited for grammar, style, libel and length.

To join The Hudsonian, attend our weekly meetings on Mondays at 2 p.m. in ADM 105 and by appointment, drop by CTR 291 (Hudsonian Newsroom).

*Did you know?*

Work published in The Hudsonian earns you \$\$\$!

\$25- Articles >250 words

\$10- Articles <250 words

\$10- Photo / artwork

Join our weekly meetings to learn more!

Boost your resume, better our campus, make your voice heard.

# Denver Broncos Wide Receiver Troy Franklin Injured

Zeshan Khan  
Staff Contributor

Troy Franklin, a wide receiver for the Denver Broncos, is looking questionable for Sunday's AFC championship game with a hamstring injury he suffered last week in the divisional round win over the Bills.

One move by the Broncos was the elevation of wide receiver Elijah Moore, from practice in preparation for the possibility that Franklin could not play due to his hamstring injury for their AFC Championship game against the Patriots on January 25, 2026. Since

Franklin was officially listed as inactive, what they did was use Moore as his replacement on the game-day roster, which was the second consecutive week Moore had been elevated.

Troy Franklin was the Broncos second leading receiver in the regular season with 65 catches for 709 yards and his production won't be easily replaced, if he can't go, the Broncos will have to lean even more on WR1 Cortland Sutton than they already do. That might be because Jarret Stidham is taking over under center for the injured Bo Nix.

The Denver Broncos also lost the

game to the New England Patriots with the score of 10-7, a close game, but the Patriots had the upper hand because of the strong wind and heavy snow which made it hard for both of their offenses. Since the Broncos lost, they concluded their 2025-26 NFL season and their next game which is a preseason or regular season game for 2026-27 which most likely will be in August or September.

Photo credit: Last Word on Sports, Rotowire, Denver Broncos



## Arts & Life

### Cabin Fever

By M.M. Stephens

